

366 Strong World Powerlifting Federation

North Carolina State Overall Division Leaders - by Weight Class

Last Update: 11/29/22

Open Equipped & Geared Females

State	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
North Carolina	Open	SP/MP	Female	48kg/105.7lb		NONE		
North Carolina	Open	SP	Female	52kg/114.5lb	Squat	LINDSAY SEAMANS	319	11/9/2019
North Carolina	Open	SP	Female	52kg/114.5lb	Bench	LINDSAY SEAMANS	138	11/9/2019
North Carolina	Open	SP	Female	52kg/114.5lb	Deadlift	LINDSAY SEAMANS	319	11/9/2019
North Carolina	Open	SP	Female	52kg/114.5lb	TOTAL	LINDSAY SEAMANS	777	11/9/2019
North Carolina	Open	MP	Female	56kg/123.5lb	Squat	JOSEFINA BUENO	248	3/5/2022
North Carolina	Open	MP	Female	56kg/123.5lb	Bench	JOSEFINA BUENO	127	3/5/2022
North Carolina	Open	MP	Female	56kg/123.5lb	Deadlift	JOSEFINA BUENO	297	3/5/2022
North Carolina	Open	MP	Female	56kg/123.5lb	TOTAL	JOSEFINA BUENO	672	3/5/2022
North Carolina	Open	SP/MP	Female	60kg/132.2lb		NONE		
North Carolina	Open	MP	Female	67.5kg/148.7lb	Squat	MELISSA SMITH	523	10/22/2022
North Carolina	Open	MP	Female	67.5kg/148.7lb	Bench	MELISSA SMITH	292	10/22/2022
North Carolina	Open	MP	Female	67.5kg/148.7lb	Deadlift	MELISSA SMITH	347	4/23/2022
North Carolina	Open	MP	Female	67.5kg/148.7lb	TOTAL	MELISSA SMITH	1152	10/22/2022
North Carolina	Open	SP	Female	75kg/165.2lb	Bench	CINDY MEEKER	209	4/23/2022
North Carolina	Open	MP	Female	82.5kg/181.7lb	Bench	GIGI ELLER	441	10/16/2021
North Carolina	Open	MP	Female	90kg/198.2lb	Squat	SHELLEY YATES	672	10/22/2022
North Carolina	Open	MP	Female	90kg/198.2lb	Bench	SHELLEY YATES	402	10/22/2022
North Carolina	Open	MP	Female	90kg/198.2lb	Deadlift	SHELLEY YATES	457	10/22/2022
North Carolina	Open	MP	Female	90kg/198.2lb	TOTAL	SHELLEY YATES	1532	10/22/2022
North Carolina	Open	SP	Female	90kg/198.2lb	Bench	ANIKA HARPER	253	10/22/2022
North Carolina	Open	SP	Female	90kg/198.2lb	Deadlift	ANIKA HARPER	336	4/23/2022
North Carolina	Open	MP	Female	100kg/220lb	Squat	SHELLEY YATES	650	4/23/2022
North Carolina	Open	MP	Female	100kg/220lb	Bench	SHELLEY YATES	375	4/23/2022
North Carolina	Open	MP	Female	100kg/220lb	Deadlift	SHELLEY YATES	452	4/23/2022
North Carolina	Open	MP	Female	100kg/220lb	TOTAL	SHELLEY YATES	1449	4/23/2022
North Carolina	Open	SP	Female	100kg/220lb	Squat	MORGAN LEDDY	242	6/25/2022
North Carolina	Open	SP	Female	100kg/220lb	Bench	ANIKA HARPER	248	10/16/2021
North Carolina	Open	SP	Female	100kg/220lb	Deadlift	ANIKA HARPER	402	10/16/2021

North Carolina	Open	SP	Female	100kg/220lb	TOTAL	MORGAN LEDDY	689	6/25/2022
North Carolina	Open	SP/MP	Female	110kg/242.5lb		NONE		
North Carolina	Open	SP/MP	Female	125kg/275lb		NONE		
North Carolina	Open	SP/MP	Female	140kg/308.5lb		NONE		
North Carolina	Open	SP/MP	Female	140+kg/SHW		NONE		

North Carolina State Records

Juniors Equipped & Geared Females

State	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
North Carolina	Juniors	MP	Female	56kg/123.5lb	Squat	JOSEFINA BUENO	248	3/5/2022
North Carolina	Juniors	MP	Female	56kg/123.5lb	Bench	JOSEFINA BUENO	127	3/5/2022
North Carolina	Juniors	MP	Female	56kg/123.5lb	Deadlift	JOSEFINA BUENO	297	3/5/2022
North Carolina	Juniors	MP	Female	56kg/123.5lb	TOTAL	JOSEFINA BUENO	672	3/5/2022
North Carolina	Juniors	SP/MP	Female	60kg/132.2lb		NONE		
North Carolina	Juniors	SP/MP	Female	67.5kg/148.7lb		NONE		
North Carolina	Juniors	SP/MP	Female	75kg/165.2lb		NONE		
North Carolina	Juniors	SP/MP	Female	82.5kg/181.7lb		NONE		
North Carolina	Juniors	SP/MP	Female	90kg/198.2lb		NONE		
North Carolina	Juniors	SP/MP	Female	100kg/220lb		NONE		
North Carolina	Juniors	SP/MP	Female	110kg/242lb		NONE		
North Carolina	Juniors	SP/MP	Female	125kg/275lb		NONE		
North Carolina	Juniors	SP/MP	Female	140kg/308.5lb		NONE		
North Carolina	Juniors	SP/MP	Female	140+kg/SHW		NONE		

North Carolina State Records

Submasters Equipped & Geared Females

State	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
North Carolina	SubM	SP/MP	Female	All Classes		NONE		

North Carolina State Records

Masters Equipped & Geared Females

Masters Divisions: M1/40-44, M2/45-49, M3/50-54, M4/55-59, M5/60-64, M6/65-69, M7/70-74, M8/75-79, M9/80-84, ETC.

State	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
North Carolina	M2	MP	Female	67.5kg/148.7lb	Squat	MELISSA SMITH	523	10/22/2022
North Carolina	M2	MP	Female	67.5kg/148.7lb	Bench	MELISSA SMITH	292	10/22/2022
North Carolina	M2	MP	Female	67.5kg/148.7lb	Deadlift	MELISSA SMITH	358	4/23/2022

North Carolina	M2	MP	Female	67.5kg/148.7lb	TOTAL	MELISSA SMITH	1152	10/22/2022
North Carolina	M5	SP	Female	75kg/165.2lb	Bench	CINDY MEEKER	209	4/23/2022
North Carolina	M3	MP	Female	82.5kg/181.7lb	Bench	GIGI ELLER	441	10/16/2021
North Carolina	M4	SP	Female	90kg/198.2lb	Squat	SHELLEY YATES	672	10/22/2022
North Carolina	M2	MP	Female	90kg/198.2lb	Bench	SHELLEY YATES	402	10/22/2022
North Carolina	M2	MP	Female	90kg/198.2lb	Deadlift	SHELLEY YATES	457	10/22/2022
North Carolina	M2	MP	Female	90kg/198.2lb	TOTAL	SHELLEY YATES	1532	10/22/2022
North Carolina	M1	SP	Female	90kg/198.2lb	Bench	ANIKA HARPER	253	10/22/2022
North Carolina	M1	SP	Female	90kg/198.2lb	Deadlift	ANIKA HARPER	336	4/23/2022
North Carolina	M2	MP	Female	100kg/220lb	Squat	SHELLEY YATES	650	4/23/2022
North Carolina	M2	MP	Female	100kg/220lb	Bench	SHELLEY YATES	375	4/23/2022
North Carolina	M2	MP	Female	100kg/220lb	Deadlift	SHELLEY YATES	452	4/23/2022
North Carolina	M2	MP	Female	100kg/220lb	TOTAL	SHELLEY YATES	1449	4/23/2022
North Carolina	M1	SP	Female	100kg/220lb	Bench	ANIKA HARPER	248	10/16/2021
North Carolina	M1	SP	Female	100kg/220lb	Squat	ANIKA HARPER	402	10/16/2021
North Carolina	Masters	SP/MP	Female	110kg/242lb		NONE		
North Carolina	Masters	SP/MP	Female	125kg/275lb		NONE		
North Carolina	Masters	SP/MP	Female	140kg/308.5lb		NONE		

North Carolina State Records

M/P/F Equipped & Geared Females

State	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
North Carolina	M/P/F	SP	Female	90kg/198.4lb	Bench	ANIKA HARPER	253	10/22/2022
North Carolina	M/P/F	SP	Female	90kg/198.4lb	Deadlift	ANIKA HARPER	336	4/23/2022
North Carolina	M/P/F	SP	Female	100kg/220lb	Bench	ANIKA HARPER	248	10/16/2021
North Carolina	M/P/F	SP	Female	100kg/220lb	Deadlift	ANIKA HARPER	402	10/16/2021
North Carolina	M/P/F	SP/MP	Female	Other Classes		NONE		

North Carolina State Records

KC, Youth & Teenage Equipped & Geared Females

Kids Club (10 & Under), Youth (10-12), Teen-1 (13-15), Teen-2 (16-17), Teen-3 (18-19)

State	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
North Carolina	YTH/TN	RawCl	Female	All Classes		NONE		